

Sleep Among Students in Public and Private Universities in Uganda.

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Abstract: *The study was on sleep among students in public and private universities in Uganda. It was conducted in urban public and private universities in Uganda. Students were the unit of analysis. Informants were studied for some good period of time. The study was of Qualitative in nature and used a Positivism philosophy backed with Health Belief Model (HBM) by Rosen stock, supported by the Theory of Reasoned Action (TRA) which was proposed in 1975 by Martin Fishbein. The study used a sample size of 375 participants (students). 306 students and 69 personnel for secondary data. It involved a total of 63 participants from each university participated in the study. Health Belief Model (HBM) was used in studying related literature, designing research instruments, collecting data, analyzing and interpreting it. The study found out that: A big number of students do sleep a lot during their time at the university. Almost every student is enjoying life, as they term it. Students care less about studies. Some students negligently miss lectures or even exams because of over sleeping. The majority of students fail to get good grades and do get retakes. More than half of the admitted students don't complete their courses successfully. Some students quit courses completely. The following recommendations were made; Students should always control their sleep behavior. They should practice physical activities improve their health and remain active. Students should always go for medical checkups. Institutions should provide convenient environment that doesn't scare away students from campus premises. Incentives should be provided to entice and motivate students to participate in university activities like Music, Dance and Drama. Online learning system should be emphasized such that students can learn using their personal gargets when at the places of residence instead of over sleeping.*

Keyword: Health behavior, Sleep, students, Universities

Background:

The relationship between health and education is doubtless a close one. Globally, 1 out of 10 (20%) of the young people in University is likely to encounter at least one health behavior challenge (WHO, 2017). These behavior challenges are likely to pose a significant threat to academic performance and course completion. Half-lifetime people experience psychosocial disorders such as disorders, for example, anxiety, panic, adjustment, and depression among others that may start by the age of fourteen, and 75 percent by the age of twenty-four (WHO, 2017). Studies done in Canada and the USA have shown that student health behaviors in universities are increasing (Jellinek et al., 2015). First year university students are particularly prone to stress due to the transitional nature of college life (Elzubeir, 2017). Tests, grades, competition, time demands, professional class environment, and concern about future careers are found to be major source of students behavior health challenge. Consequently, these challenges pose a considerable threat to academic performance and general decline in course completion (Sanchez, et. al 2016). In Uganda, there are 46 Universities (EduRank, 2021). Despite such recent expansion of higher education in Uganda, there is still much cause for concern. The transition rate at this level is about 35%, implying that only about 35,000 who are able to join university education, are they only ones who graduate (Kasozi, 2003) cited in Abdeyazdan, (2017). University students have high rates of poor diet, physical inactivity, long sitting hours, inadequate sleep, excess alcohol consumption, and smoking in the end, poor performance that brings low course completion (Patterson M, 2021). The challenge is that course completion is low. One asks himself what causes all this. Is it family background, policies or students' health behavior? Therefore, the researcher came in to find out what causes the low course completions in public and private Universities in Uganda.

Methodology: Informants were studied for some good period of time. Occurrences - culture, characteristics and sleep behaviors were noted. The study was of Qualitative in nature and used a Positivism philosophy backed with Health Belief Model (HBM) by Rosen stock, supported by the Theory of Reasoned Action (TRA) which was proposed in 1975 by Martin Fishbein in that students perform a health behavior having reasoned about the positive and negative consequences. Students were the unit of analysis. The study used a sample size of 375 participants (students). 306 respondents and 69 informants. It involved 51 students and 12 administrators, teaching & non-teaching staff making a total of 63 participants from each university participated in the study. Health Belief Model (HBM) was used in studying related literature, designing research instruments, collecting data, analyzing and interpreting it. Informants were studied for some good period of time. Occurrences - culture, characteristics and sleep behaviors were noted.

Findings: A big number of students do sleep a lot during their time at the university. They don't mind about their course completion. Students have already achieved their dreams by being at campus. Living a university life – being free from the outside of elders, is

living a heavenly world. Enjoying life, as they term it. Students care less about studies. After S.6 (Advanced Level) stress, they relax by spending most of the time sleeping than reading. Some negligently miss lectures or even exams because of over sleeping. At the end of a course, the majority of students fail to get good grades and do get retakes. More than half of the admitted students don't complete their courses successfully. Some students quit the course and start struggling how to survive in town.

Recommendations:

Students should always control their sleep behavior. They should practice physical activities improve their health and remain active. Students should always go for medical checkups. Institutions should provide convenient environment that doesn't scare away students from campus premises. Incentives should be provided to entice and motivate students to participate in university activities like Music, Dance and Drama. Online learning system should be emphasized such that students can learn using their personal gargets when at the places of residence instead of over sleeping.

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